Young Hearts Day on 29th November was spent packing your cards and gifts! This year Kathryn has designed you a bold black and white heart. Why not colour it?

Our year in pictures. See inside...

Young Hearts Design by Kathryn, Tymes Trust Young Officer
Tymes Trust’s Young Hearts Day 29th November

Light a candle for the children with ME
For the children need remembering you see
It’s a devastating illness
So just take a moment’s stillness
To resolve we’ll do our best to set them free.

Terry Waite and Jane on the first Young Hearts Day at Warwick Castle on 29th November 2004.

Rhys Jones presents football coach Dan with a Young Hearts Award Certificate for Llanwern High School, “They have been so good to him” writes mum Dawn.

Rhys’ brother Carwyn dyes his hair to raise £137 for Tymes Trust!
Tymes Trust was part of the Supreme Court successful Appeal against the Scottish Government’s law to make every child in Scotland have a state guardian (a Named Person) and to share their data without permission. This “data” could just be hearsay. This historic win freed families from this oppressive law.

Tymes Trust’s Scottish Officer Lesley Scott at a public meeting. She has given numerous press interviews and addressed Roadshows all over Scotland.

Sadia’s mum Azima is taking her own legal action against a school. The Leader of the Opposition made a home visit.
In June we held our Awards Ceremony at the House of Lords with Nisai Learning.

US journalist David Tuller receives the Tymes Trust Award for Scientific Journalism for his expose of the PACE trial.
At the House of Lords we launched our new GP Leaflet about why ME is different from other fatiguing illnesses and why exercise makes people worse. Medical references. Find it at www.tymestrust.org with Jane’s speech introducing it.

Champion golfer Padraig Harrington wins again in Portugal! See his lovely message to us at www.tymestrust.org

Chair Keith Harley makes time to relax for once

Jane can’t stand the light!

Our House of Lord teddy

Essex coast In Summer
We are concerned about the belief in Graded Exercise Therapy and Cognitive Behaviour Therapy for ME. When it doesn’t work, families are being reported to social services, yet NICE recommends them. We are working with the Countess of Mar to change that. In our Twitter poll asking whether MAGENTA (a ‘PACE trial for kids’) should be suspended until the PACE data was independently analysed, 100% of voters agreed. Now FITNET, a new trial of CBT in children (leading to GET) has been widely publicised.

Our Executive Director Jane Colby was interviewed by the Today Programme and Victoria Derbyshire Show. She explained the problems with FITNET.

We also do not support MEGA, the new study involving the same researchers. Our MEGA statement is at www.facebook.com/tymestrust including Jane’s media interviews. It links to our FOI expose of the research Collaborative, which can also be found in the Reports section of our publications at www.tymestrust.org.
We love getting your cards and messages. See our daily tweets on Twitter @tymestrust and @JaneCColby We have a great group of followers who enjoy the mutual support and friendship. No need to tweet – you can just follow along. Our news is also posted at www.facebook.com/tymestrust (no need to join Facebook as it’s a public page).
It’s Christmas!

This year I have been given some Absolutely Unique presents to send you. These KnitWits were hand knitted especially for Tymes Trust by Trustee Margaret Ross, from safe craft materials. If you would like one, let me know on an email or write me a nice letter or card. If I run out I’ll find you another cuddly toy instead.

Try not to wear yourself out at Christmas! I always say that, don’t I?

One of Seb’s cousins at Halloween. He dyed himself purple and was the special guest at the Tea Rooms overlooking the river.

Seb says: I was going to keep my bucket for Summertime – but I’ve used it for most of the year to sit in and think. I am a Great Thinker. What about you? Can you draw me a picture of your favourite cuddly toy? Post it to Seb at the address below or you can take a photo – we’ll tell you where to email it. Let us know when it’s ready (email me on the Contact Us form at www.tymestrust.org) and I’ll send prizes for every picture I get, till I run out!

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Mr Harley’s Christmas Gifts

The Tymes Trust Christmas Tree

Seb has found his cosy Christmas Stocking again and hopes Santa will agree...

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